

**JESSICA SMITH, MSW/CSW** is a Certified Social Worker at **Wilson Counseling**. She was born and raised in Kentucky and has a strong commitment to supporting the mental and emotional well-being of individuals and families in her community. Jessica earned her **Bachelor's degree** prior to completing her **Master of Social Work (MSW) at Western Kentucky University in 2020**. She brings over **five years of experience in the mental and behavioral health field**, working with diverse populations across a variety of settings.

Jessica has experience providing services to **children, adults, couples, and families**, addressing a range of emotional, behavioral, and relational concerns. Her clinical work is grounded in the belief that every individual deserves compassion, respect, and equitable access to quality mental health care. She approaches therapy with cultural sensitivity and an understanding of how each person's lived experiences influence their current challenges and strengths.

Jessica practices from a **strengths-based and trauma-informed perspective**, utilizing evidence-based interventions tailored to each client's unique needs and goals. She is known for her warm, collaborative therapeutic style and her ability to foster a safe and supportive environment where clients can engage in meaningful self-exploration and growth.

Jessica currently provides **individual and family counseling services** at Wilson Counseling. Her therapeutic approach emphasizes collaboration, emotional regulation, and skill development to support clients in building resilience and achieving lasting positive change.